



## Helpful Tips

### Think before you post

Is a message you're thinking of posting going to make someone feel bad or sad about themselves? Could you get grounded if you showed this to your parents? If the answer is yes, don't post or send the message.

### Tell an adult

If you are bullied online or by a text message, tell a trusted adult, like a teacher, a parent, a favorite aunt or uncle, a school nurse, or principal.

### Do not respond

The bully is bullying you to make themselves feel like they are better than you. It is never a good idea to give a bully that kind of power.

### Block the bully

Things like AIM, Facebook, Twitter, and other sites like those will let you block people who are harassing you. Ask an adult for help if you aren't sure how to do it.

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